

132nd MPs follow the way of the warrior

By Sgt. Benari Poulten

They might be National Guard soldiers hailing from Columbia, S. C., but don't call them "weekend warriors."

Proud warriors in the ongoing Global War on Terrorism, the high-speed soldiers of the 132nd Military Police Company have spent more than nine months carrying out the integral mission of JTF Guantanamo. Day in and day out, the members of the 132nd continue to meet every challenge and as Sgt. David Romleski noted, "they get done what needs to be done."

Ask any soldier in the 132nd Military Police Company and they will excitedly proclaim their unit's motto of "Bushido!" which translates to "the way of the warrior," a code of honor and a way of life for Japanese Samurai which developed between the 9th and 12th centuries. It stresses a number of principles, including a strong sense of loyalty, self-sacrifice, and justice; principles that these MPs live up to



Photo by Spc. Lisa Gordon

Soldiers of the 132nd Military Police Co. participate in a water training exercise at the Marine Hill pool.

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Message from the Top



CSM George L. Nieves
Joint Task Force CSM
JTF Guantanamo

As Joint Task Force Guantanamo gets ready to conclude its transition of all the military police companies, I would be remiss if I did not mention how proud I am for the dedication and determination of all the troopers who participated in the GTMO three rotation. As this rotation comes to an end and a new one begins, time and time again it has been the troopers of the JTF who have given their very best each day to make this mission a success. The last MP company to depart will be the 132nd from South Carolina. These National Guardsman have demonstrated what commitment is all about. They have mastered the art of confinement and can be proud of all their achievements. As they begin their right seat/left seat ride with the 217th MP company, rest assured they will know what right looks like.

All of the troopers in the JTF can be proud of their accomplishments. Whether it was earning the secondary military occupational specialty of 95C, earning the tan belt in martial arts or raising their physical readiness test scores and losing excess weight, they can hold their heads high knowing that their leaders, their families, and the nation is proud of each one of them. The lives of many of the troopers of the JTF

have been changed because of this deployment. Many understand that they have given more to this mission than they could imagine. The troopers will take back with them a sense of responsibility and ownership for a job well done. Their lives have been changed because of what they have learned and accomplished.

The men and women of the JTF have experienced more during this deployment than most people will experience in a life time. As I bid farewell to one of the units returning back to the states, one of the troopers came up to me and said how he will use what he has learned in GTMO and apply it to his business back home. Many of our junior leaders have grown and matured during this deployment. They will take back with them the confidence that no mission is too great for them to handle.

As the JTF continues to transition from GTMO 3 to GTMO 4 let it be known that it is the junior troopers, backed by solid leadership, that gets the mission done. This JTF relies heavily on the strong backs, broad shoulders and willing hearts of each trooper. All we ask them is to give it their very best everyday. This is your commitment to the mission and your fellow troopers. In turn, your chain of command is committed to providing you the best leadership possible and ensures you will be well cared for.

To those troopers who are leaving, it has been a pleasure serving with you. To those who have just assumed the mission, hold on for the ride of your life.

HONOR BOUND!

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Trivia Question of the Week:

"What is the total weight lost by the JTF troopers since arriving at JTF Guantanamo?"

Please send your answers to the JTF Public Affairs Office, email address: pao@jtftgmo.southcom.mil by Tuesday, Sep. 9.

A name will be drawn from all who get it correct for a JTF T-shirt or hat.

Last week's question: "What city in western Saudi Arabia is the center of pilgrimage for Muslims, and the focal point of their daily prayers?"

Answer: Makkah (also known as Mecca).

Spc. Joshua D. Wise of the 303rd MP Co. correctly answered the question and was selected as the winner!

JTF Sailors serve under the radar

By Sgt. Erin Crawley

During the past nine months, sailors of the Mobile Inshore Undersea Warfare Unit 212 have been making sure all of us at Guantanamo can sleep well at night.

Performing a silent mission of sorts, MIUWU 212, a Naval Reserve unit out of Gulfport, Miss., has been tasked with the awesome responsibility of keeping the waters in and around Guantanamo Bay safe, quiet and terrorist free. "The MIUWU's function here is to perform surface and subsurface surveillance with the coastal waterways, making sure that we keep watch of who is out there and making sure that no enemies or unfamiliar vessels get into the area that we are watching," said Senior Chief Sheila Martin.

MIUWU 212 arrived in Guantanamo last December as part of Operation Enduring Freedom to support Joint Task Force Guantanamo. Since then, they have not only exceeded expectations, but have used this deployment as an opportunity to fine-tune their skills and technological capabilities, making them ever ready for whatever mission comes their way.

Petty Officer Wade Treadwell, a watch officer with MIUWU 212, explained the learning curve was a bit rough at first, but now things are running very smoothly. It is imperative that the Navy, Army, and Coast Guard of JTF have a streamlined flow of communication, and during this mission, MIUWU 212 has been able to develop cohesive relationships with the other services through on the job instruction and intensive training.

According to Treadwell, a traditional MIUWU operates differently depending on what kind of environment they are in. Being adaptable to new environments is practically part of their job description.

"Going through the school to train for this and then getting the chance to actually put our skills into practice are two different things. It took some time to get into the



TSgt Roy Santana

Mobile Inshore Undersea Warfare Unit 212 (MIUWU) team members participate in a live fire training exercise. The MIUWU 212 is the fourth line of defense for Guantanamo Bay, Cuba.

swing of things. But we've been working flawlessly ever since we got the hang of it. We've also become tighter in our surveillance areas," said Treadwell.

MIUWU 212 invested a lot of time during this deployment to restore much of their equipment. Treadwell said, "We had

to really push to get our remote sites, our command center, everything up to snuff, even our vehicles that transport us back and forth. The 212 really stepped up and refurbished a lot of the equipment."

One of the most challenging moments for

MIUWU 212 was when they found out they were extended. "In the middle of our deployment, we got extended and morale kind of fell a little bit. But after we got it off our chests, we all kind of came together and came to the realization that hey, we are here on a real world mission, we've got to keep moving forward and we did," Treadwell said.

On the flip side, a morale booster for MIUWU 212 was seven of its members receiving promotions during this deployment. Two sailors were promoted from E-

6 to E-7, two sailors were promoted from E-5 to E-6, two sailors were promoted from E-4 to E-5 and one sailor was promoted from E-3 to E-4.

"I'm so very proud of our unit's mission here. They have really stepped up to the plate and have conquered the mission. We've accomplished a lot here, such as getting more of our sailors watch standard qualified. Everyone did the very best they could and understood what MIUWU stands for," said Martin.

Among other accomplishments, during this mission MIUWU 212 was able to bring every available sensor on line to provide improved surveillance. In addition, they were a critical part of developing the Integrated Training Team for the JTF.

While MIUWU 212 has definitely had a huge impact on the JTF mission, making improvements and paving the way for their replacements, it may not be appreciated for years to come. Regardless, they served proudly. "I think it was said best by an instructor at my decompression training, 'We may not see a difference tomorrow. We may not see a difference next year. But in the next five years, you are going to see a big difference out of what we are doing here.' So it's kind of like a silent mission, but I think what we are doing is huge," exclaimed Treadwell.

"I'm so very proud of our unit's mission here. They have really stepped up to the plate and have conquered the mission,"

Petty Officer Wade Treadwell

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every time they put on the uniform.

While serving as part of the Joint Detention Operations Group (JDOG), the 132nd has led the way in detention and interrogation operations, as well as picking up one or two new skills along the way. "We have learned detainee operations and completed the 95C conversion course," explained 1st Sgt. Daniel Bowman, referring to their training to become cross-trained as corrections specialists. "Along with the other JDOG and JIG [Joint Interrogation Group] units, we have written the playbook for how these types of operations should be conducted. Together, we have set a high standard by which all other operations and units will be judged."

Spc. Linda Johnson elaborated, providing some insight on the effectiveness of the unit. "When there would be a situation going down and it would look bad ... our guys would come on the block and everything would calm all-the-way down. So, I always knew when our guys came on board, that ... everything would be nice and calm again. And that was the standard for this unit. We were able to go in there and just do the mission."

For many of these young troopers, serving in support of Operation Enduring Freedom has marked their first long-term deployment. From facing the hardships of being away from home to the intensity of guarding detainees in Camp Delta, the 132nd MPs have stayed motivated and professional throughout their long stay, bringing their "A" game to every task and leading by example. Some soldiers were not quite sure what lay in store for them, but remained committed to rolling with the

punches. As Spc. Eugene Ward made clear, "It wasn't what I expected, but nothing really is in the military. You just learn to deal with it as it goes." Dealing with the situations as they occurred kept them on their toes and helped keep them focused on the mission. It also



Soldiers of the 132nd MP Co. take aim with the 9mm during weapons training.

allowed them to learn how to work together to accomplish their goals, bringing them that much closer. "As we stayed here longer," Ward said, "and got to know each other better, it's become more of a family thing."

In the 132nd family, cooperation stuck out as one of the keys to success. Their reliance on teamwork – both inside and outside the wire – helped them succeed and left a lasting impression on these MPs. Romleski described how his time in the JTF has impacted him and how his unit has helped him take away some important lessons. "I've learned many things, but I guess one thing that stands out is how important teamwork is. Teamwork gets you through everything."

"I learned that whenever you're around your team, you always have to set the standards for them," added Sgt. James Blyther, who acted as a team leader inside the wire. "You're always being looked

up to, so it's really important that you do your job to the best of your abilities."

Working as a team helped create a solid sense of camaraderie amongst the 132nd MPs and their close bond helped them forge ahead to accomplish the tasks at hand.

Bowman praised his soldiers for coming together under adverse conditions and making the best of every situation. "Despite the various backgrounds, cultures, and personalities," said Romleski. "We have united inside the camp to become one of the finest MP companies on station." He said he noticed friendships between unlikely soldiers and the desire to get the job done. "The soldiers have also developed a deeper understanding [about] the war on terrorism. We [may not] see the whole big picture," Romleski added, "but we know it's an important mission."

While serving in the JTF, the members of the 132nd learned to adapt to an evolving mission and overcome obstacles in their path, but as Johnson pointed out, that's just part of what it means to be an MP in the United States military. "MP stands for 'multi-purpose,' doesn't it? We're there to do the job no matter what it takes," said Johnson. Sgt. Jonathan Bernier agreed,

expressing his appreciation for the hard work and dedication of his unit. "As far as I'm concerned, they did an outstanding job, adapting to everything that came down."

With their tour of duty here drawing to a close, the 132nd MPs can look forward to spending some well-deserved time with their friends, families, and loved ones. The unit as a whole also has much to look forward to, as they will return to new members, as well as an updated facility and brand-new, high-tech equipment. The only catch is utilizing the new equipment could involve some heavy lifting, but that's a small price to pay for an upgrade.

"Our unit will be returning to a more modern facility," Bowman said, "and we will have to move the equipment not brought on deployment. We have new troops who recently joined the unit and need to be integrated into the teams and squads."

With the experience and knowledge they have learned here, these MPs are perfectly suited to train the new soldiers, helping to prepare them for future deployments.

Although things have started to wind down for them, the 132nd still exemplifies the virtues of their company motto, "Bushido," carrying out their duties in a competent and enthusiastic manner, and upholding the highest ideals of their nation, which they have sworn to defend.

They answered their nation's call and their selfless service will still resonate after they have returned home. They can take pride in what they have accomplished, as Johnson reflected. "Being an MP ... having the uniform on, serving your country, it's in your blood ... I don't know if I could give that up."

Reporting for duty: 217th MPs



Photo by Spc. Katherine Collins

New MP's compiled from various states, to include Alabama, Rhode Island and Puerto Rico hit the ground running Sept. 3. They were welcomed to JTF Guantanamo by BG Mitch LeClaire, Deputy Joint Task Force Commander of Operations, JTF Guantanamo. The new troopers look forward to meeting their counterparts here at the task force. "It's a great opportunity and an interesting deployment. Our last deployment made us a close unit," said Pfc. Ray Beasley, 217th MP Co.

300th MP Bde. case their colors



Photo by Staff Sgt. David Davis

BG James E. Payne cases the 300th Military Police Brigade colors while the brigade stands at attention during the transfer of authority ceremony marking the end of his duty here at Guantanamo Bay for the 300th. After the ceremony the brigade enjoyed a victory dinner at Camp America's Seaside Galley to celebrate the completion of their service here. The evening dinner was completed with many soldiers being recognized for the exceptional performance of their military duties.

132nd heads home

By Spc. Jared C. Mulloy

The Army National Guard's 132nd Military Police Co. will soon depart Guantanamo Bay, Cuba to head home. After a short stay at Fort Dix, the soldiers will hop on another plane to West Columbia, S.C. Then they'll jump in a bus for a short ride to the Army National Guard West Columbia Armory.

Once the 132nd reaches the Armory, they can expect to be greeted by their families before their homecoming ceremony begins. "Hopefully it's going to be a big ceremony. We're trying to get the Fort Jackson Army Band out here as well as some state officials, but everything is still in the planning stage," said 132nd Administration Non-Commissioned Officer-in-Charge Sgt. Victoria Miller.

The Family Support Group for the 132nd has been communicating with the families for homecoming ideas, and to keep them updated on the 132nd's estimated time of arrival. However, this communication may not have been possible if it wasn't for Deputy Commander of the 59th Troop Command, Col. Eddies Goff.

Miller said, "He's traveled all over the state as the 132nd's FSG coordinator after the old coordinator stepped down. He's done a great job keeping the line of communication open between soldiers and their families. This has made a huge difference in FSG meetings and events."

Thanks to good communication and loving families, the 132nd should expect a wonderful welcome home.

Specialist *dishes* it out for troopers of Tierra Kay

By Sgt. Erin Crawley

Looking out for your buddy is the Army way. But Spc. John Elkin of the 132nd Military Police Co. decided to take that concept a few steps further by volunteering his time and using some of his hidden talents to improve troop morale.

Before Elkin became a military policeman for the South Carolina National Guard, he served for a few years as a communications specialist for the Army. Using the skills he gained, he decided to set up a satellite dish at Tierra Kay housing area for the benefit of the 132nd soldiers living there, enabling them to connect to the Internet directly from their homes.

"I got permission from JTF to set it up. It took about five hours, but I also had lots of help from the guys in my unit. Our [commanding officer], my platoon leader and half my platoon were out there getting the [satellite dish] set up," Elkin said.

According to Elkin, each soldier chipped in money toward the \$1,500 satellite dish and the \$200 monthly fees for Internet access.

"I basically set it up for morale reasons," said Elkin. "At one point, our company was getting a bit low and I knew I had the ability to do something about it, so



Photo By Sgt. Erin Crawley

Spc. John Elkin of the 132nd Military Police Co., set up a satellite dish for his unit so they could access the Internet from their homes during the deployment.

I did."

Elkin said that he happened to bring a satellite dish along with him. "I figured I could use it for something," he said.

Maintaining the dish is a labor of love, claims Elkin. "Maintenance is a daily thing. It is all volunteer time. I check on it before I go to work. I check it when I get home. I don't get a lot of usage out of it

myself, instead I get a lot of work out of it," he said. But, Elkin stressed that he doesn't mind and he's doing it for the well being of his fellow soldiers.

Elkin's consideration doesn't end with the 132nd. "Other units have asked about it. So, I'll probably send some dishes down, when I get home," he said.

Eat right or die! (Or die sooner)

By Navy Lt. Ken Arlinghaus

Registered Dietitian

U.S. Naval Hospital Guantanamo Bay, Cuba

What's the big deal with nutrition? You're 25, healthy, in shape, and indestructible. You can eat three double cheeseburgers, two large pizzas, and a quart of ice cream because you'll work it off. The truth is, you're building a lifestyle that could doom you to a retirement filled with injections, treatments, and huge medical bills.

Poor eating habits can lead to obesity, a disease that is thriving among Americans. The Centers for Disease Control recently published data showing 28 percent of men and 34 percent of women are obese. Compare that to these numbers: from 1960 to 1980, obesity was a stable 13 percent of men and 17 percent of women; 1980 to 1991 those numbers jumped to 21 percent of men and 26 percent of women. And now childhood obesity has started to rise.

So, it's safe to say we are eating more but besides not looking like a bunch Mr. and Mrs. Americas, why worry about being obese? Because, it can kill you. The medical community now accepts the fact that obesity can lead to or influence more danger-

ous conditions. This list of killers includes high blood pressure, high cholesterol, heart disease, stroke, diabetes, certain types of cancers, arthritis, and breathing problems. By the way, this list contains five of the 10 leading causes of death in the United States. But those diseases kill old people not the young, right?

Wrong! Poor eating habits are established early in life, and the longer these bad habits are practiced, the harder they are to change.

So here is what you should do. Start making changes now. Make a list of five bad eating habits you have. If you need help identifying them, give me a call; I'll be happy to help. Prioritize the list and work on only one at a time.

Studies show that numerous and drastic lifestyle changes usually do not last. Here is a good example. Let's say you eat fried eggs six times a week for breakfast. Cut it back to three and replace the other three days with cereal or oatmeal. You cut back on fat and calories and you add soluble fiber to your diet, another article about fiber is coming soon. Do that for a month or two and then pick another habit to change. You may not get them all changed before you leave our island paradise, but who knows, you might start a habit of changing bad habits.

Finding your inspiration

By Spc. Tommi Meyer

Some people find making time for a consistent physical fitness program gets increasingly difficult as work and family responsibilities grow. Civilian employment, marriage and children just simply take priority.

One sailor with the Mobile Inshore Undersea Warfare Unit 212 has adopted a unique philosophy and found inspiration that could help others make physical training a top priority.

"If you don't physically condition yourself now, you may not live long enough to enjoy your children," said Petty Officer 2nd Class John Kergosien of the MIUWU 212. "I just make time."

Kergosien, a 12-year veteran of the U.S. Naval Reserve admits that at one time physical fitness was not a top priority for him, but coming to JTF Guantanamo last December changed that.

"This [deployment] has given me a opportunity to see what my true priorities are," he said, "It's a chance to make exercise a part of my daily life."

When Kergosien arrived in Cuba last December, he weighed 227 pounds and now at 192 pounds, he said he feels energized. Until recently he ran five to seven miles a day and tries to work out for at least an hour each day. His efforts earned him a 96-hour pass to Puerto Rico for a visit with his wife.

"She said I look like a different person," he said.

Kergosien was awarded a certificate from the JTF and a pass for reaching the Run for Life goal of 500 miles.

He noted that though consistent exercise is important, it is just one part of a healthy lifestyle.

"Nutrition plays a big part," he said. "You can work out all day long but if you go home at night and eat a big bowl of ice cream, you are going in reverse."

Kergosien said that he finds the dining facilities on Guantanamo a good source of healthy meals, "There are good choices, and you don't have to eat hamburgers and onion rings every day."

Physical training is also a stress relief according to Kergosien, "It helps me let all



Photo by Spc. Tommi Meyer
Petty Officer 2nd Class John Kergosien of Mobile Inshore Undersea Warfare Unit 212 pumps it up at G.J. Denich Gym.

of the ongoing pressures out."

Through everything, Kergosien said he remains focused on two underlying factors, his two kids. "Every thing I do is for my kids."

Man on the Street

Compiled by Staff Sgt. David Davis

This week's question:

How did the events of Sept. 11, 2001 change your life?



Spc. Monroe O. Kelso
A Co. 2-116th Inf. Regt.

"Basically made me aware of the importance of things I have. I don't take for granted even the small things like I used to."



Coast Guard
Petty Officer 1st Class
Michael Marvin
PACAREA PSU Det.

"Interestingly, we were training when 9/11 occurred - we got to see the battle group get underway. It was a wake up call."



Air Force Staff Sgt.
Charles E. Criswell II
3rd LRS

"Being active duty, I knew right away that my deployments would be more frequent and be longer ... The event helped instill an even greater sense of pride to serve."



Army Staff Sgt. Deon
Lee
216th MP Co.

"That changed my life; physically and mentally. I work out more. Mentally there is a lot more stress, particularly with the extended deployment. But the exercise helps me cope."



Army Sgt. Heather Best
177th MP Bde.

"Definitely made me more grateful, for family, my children. Made me proud to be a soldier. I feel that I am able to do something to make a difference in the war on terrorism."

JTF welcomes new chaplain

By Spc. Katherine L. Collins

Lt. Col. Steve Feehan arrived on Aug. 26 to serve as the new Joint Task Force (JTF) chaplain. He replaces Lt. Col. Herb Heavner, 300th MP Bde., who returned to his family and canoeing business in Michigan.

"It's great to be here," said Feehan. "I never expected I would still be in the military at this point in my life." Feehan said he had planned to retire two assignments ago but then the Army promoted him to lieutenant colonel. He then moved on to one more stateside assignment before coming to Cuba.

Feehan's Army experience includes a number of assignments and roles as a chaplain. They consist of serving as the 24th Transportation Bn. chaplain at Fort Eustis, Va.; 2-68th Armor Bn. chaplain in Germany; Regional Correction Facility chaplain for the 2-13th Armor Bn. at Fort Knox, Ky.; Irwin Army Hospital chaplain, Fort Riley, Kan.; 2nd Bde., 2nd Inf. Div. chaplain, Camp Hovey, Republic of Korea; 159th Avn. Bde., 101st Airborne Div. (Air Assault Bde.) chaplain, Fort Campbell, Ky.; and deputy installation chaplain, Fort Drum N.Y. During his assignment to Fort Eustis, Feehan also served in a variety of overseas missions. His Army service to date totals 18 years.

Feehan spoke more about the importance and joy he finds in his mission as the JTF chaplain. He sees his mission as, troopers come first. "Overseas missions are great opportunities for chaplains to interact with [troopers]. I learned as a police officer that some missions bear a greater emotional threat than a physical threat. JTF Guantanamo is one such mission. They face a spiritual battle serving away from home," he said.

"I encourage all [troopers] to get in touch with their spiritual side," he continued. "I say, let us [the chaplaincy] help you make this an interesting and exciting mission and time of spiritual growth. We want you to head home better than you came, knowing that God is sovereign over everything. He opens doors and confirms his desire for you to walk through those doors. No matter what you may experience during your deployment you will never be far from God's will. God is God



Lt. Col. Steve Feehan
Joint Task Force Chaplain
JTF Guantanamo

of the military too. If you seek his will, he will guide you and you can know it is God working in your life when you experience all those things common to all of us as we live and serve far from home."

As for his mission to the detainees, Feehan would like to spread the message that how we conduct ourselves here in the overall mission can better the relationship Americans and those that would do us harm. "We're not here to convert the detainees, but by our actions we may transform their mindset about Americans. Americans have a very high value on life. We are also a generous, hospitable people. In JTF we treat the detainees with dignity and respect. We care for their complete health and welfare, including physical and spiritual," he said. Many detainees have experienced better nutrition, health care and religious freedom than ever before, Feehan added.

Feehan's warm, down-to-earth character rings clear in his words, manner and actions. He prefers all to refer to him as "chaplain" or "Steve," not "lieutenant colonel" or "JTF command chaplain." He expressed his desire for all troopers to know he is just as approachable for counseling or mere conversation as any other chaplain. He is not just here to oversee the chaplaincy but to serve as one among them.

"The title and role of chaplain is better than any other to me."

Worship Services

Catholic

Main Chapel

Daily	6:30 a.m.	Mass Cobre Chapel
Wed.	5 p.m.	R.C.I.A. Cobre Chapel
Fri.	5 p.m.	Rosary
Sat.	4:30 p.m.	Confession
	5:30 p.m.	Mass
Sun.	9 a.m.	Mass
	11 a.m.	Mass (Sanctuary B)

Camp America

Sun.	5 p.m.	Mass Wooden Chapel
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Protestant

Main Chapel

Mon.	7 p.m.	Prayer Group Fellowship*
Wed.	7 p.m.	Men's Bible Study*
	7 p.m.	Spanish Group 390-Evan's Pt
Thurs.	6:30 p.m.	Home Group Nob Hill 5B
	7:15 p.m.	Youth 7-12 Fellowship*
Sun.	6:30 a.m.	Praise and Worship Service
	9:30 a.m.	Sunday School
	11 a.m.	Service/Sunday School
	5 p.m.	Bible Study*

* Fellowship Hall located in Chapel Complex

Camp America

Wed.	7 p.m.	Service
Sun.	9 a.m.	Seaside Galley (Temporary location until further notice)
	7 p.m.	Service Wooden Chapel

Church of Jesus Christ of Latter

Day Saints

Sun.	9 a.m.	Sanctuary A
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Islamic

Fri.	1 p.m.	Classroom 12 Chapel Complex
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Jewish

Fri.	8 p.m.	Fellowship Hall
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Camp America Church Bus schedule:

Sun.	8 a.m.	Windward Loop
	8:15 a.m.	Tierra Kay

The bus will return immediately following worship.

RECREATION & LEISURE

Running for fun on Labor Day



Photo by Spc. Rick Fahr

By Spc. Alan Lee Knesek

The sun was rising and the morning dew was evaporating quickly when runners of all ages and services joined one another in front of the G. J. Denich Gym for the Labor Day 5K Fun Run Saturday morning. There were parents and their children, soldiers, sailors, Marines, airmen, coastguardsmen, and even pets running side by side during the big event.

There were more than 80 runners lined up at the starting line when the flag was dropped and the race began.

The course looped around the gym, went down to the Caribbean Circle housing area and doubled back. The run was strictly a fun-run, and there were no prizes awarded, but every participant of the event received a free T-shirt from MWR for making the run such a huge success.

ATTENTION:

Kickboxing starts next week

Starts September 9

The classes will be held at the Marine Hill fitness building from 5 p.m. to 6 p.m. on Tuesday and Thursday.

For more information regarding the kickboxing program contact Karrissa Sandstrom at 2193 or stop at the G. J. Denich Gym.



Camp Bulkeley

Fri., Sept. 5

8 p.m. *Shallow Hal*
PG 13 - 114min

10 p.m. *Sorority Boys*
R - 94min

Sat., Sept. 6

8 p.m. *Saving Silverman*
PG13 - 92min

10 p.m. *Analyze This*
R - 106min

Sun., Sept. 7

8 p.m. *Anger Management*
PG13 - 101min

Mon., Sept. 8

8 p.m. *Scream*
R - 111min

Tues., Sept. 9

8 p.m. *The New Guy*
R - 89min

Wed., Sept. 10

8 p.m. *Analyze That*
R - 100min

Thurs., Sept. 11

8 p.m. *Scream 3*
PG13 - 116min

Movie Schedule

Downtown Lyceum

Fri., Sept. 5

8 p.m. *Sinbad: Legend of the Seven Seas*
PG - 86min

10 p.m. *Terminator 3*
R - 108min

Sat., Sept. 6

8 p.m. *Legally Blonde 2*
PG13 - 94min

10 p.m. *How to Deal*
PG13 - 102min

Sun., Sept. 7

8 p.m. *The League of Extraordinary Gentlemen*
PG13 - 110min

Mon., Sept. 8

8 p.m. *American Wedding*
R - 102min

Tues., Sept. 9

8 p.m. *How to Deal*
PG13 - 102min

Wed., Sept. 10

8 p.m. *The League of Extraordinary Gentlemen*
PG13 - 110min

Thurs., Sept. 11

8 p.m. *Charlie's Angels 2*
PG13 - 103min

Club Survivor

Located at Camp America
Thursday thru Saturday 5 p.m. to
11:30 p.m.
Open to all NAVBASE and JTF personnel of all ranks.

NATIONAL SPORTS

On the Mark

Beware of September

By Sgt. Bob Mitchell

Certain months of the year are synonymous with milestones on the baseball calendar. For instance, April means opening day. July signifies the mid-point in the season and includes the All-Star Game. October is World Series time.

There is one month, however, in which crazy things occur: September. It has become a time honored and feared tradition in the big leagues.

Teams that have run roughshod over everyone for 130 games or so sometimes do a complete about face in the last full month of the regular season. There is no rhyme or reason. No one can put his or her finger on the source. It just happens. September turns teams that are solid blocks of granite into buttermilk.

There are many examples, but a few classic collapses come to mind in the annals of September meltdowns.

In 1964 the Phillies had a seven-game lead with 10 games left in the season. They gave it away faster than a holiday fruitcake.

In 1969 the Cubs held a commanding 10-game lead in September, but the Mets overtook them, and earned a spot in history as the "Miracle Mets."

In 1978, the Red Sox were cruising along with a 14-game lead over their arch rivals, the New York Yankees. They collapsed in September and the Yanks tied them on the final day of the season. Then the Bronx Bombers sent them packing by defeating them in a one game playoff.

There are many other examples, but suffice it to say that crazy things happen in September concerning the big leagues. September is here. Wacky events will certainly ensue. You can set your calendar to it.

Sports Highlights

Summary by Sgt. Bob Mitchell

They announced their presence with authority. The latest edition of "Dream Team" abused the competition at the **Tournament of the Americas** in Puerto Rico. The U.S. team won 10 games in the tourney without a defeat. In the gold medal game, the **Americans** pasted **Argentina**, 106-73. The gold medal qualifies the U.S. for the Olympic games in Athens.

Only one team in the top 10 of the Associated Press NCAA football poll lost last weekend, but it really couldn't be considered an upset. Number eight **Southern Cal** whitewashed number six Auburn, 23-0 at **Auburn**. In the meantime, **Oklahoma** remains atop the poll, while **Ohio State** is second. **Miami** comes in at number three.

The **Pittsburgh Steelers** will be without the services of one of their defensive leaders for an undetermined amount of time. Linebacker **Joey Porter** was shot outside a Denver sports bar Sunday. Officials say the bullet passed through his buttocks and lodged in his thigh. The injury is being termed as serious, but not career threatening. Police investigators say Porter was an innocent bystander. Five other people were shot, one of them fatally.

Roger Clemens won his 100th game at Fenway Park Sunday. Unfortunately for **Red Sox** fans "The Rocket" was wearing a **New York Yankees** uniform. Clemens spent his first 13 seasons playing for Boston and received a standing ovation and a curtain call from the capacity crowd when he left the game with two out in the seventh inning. Clemens earned the victory, raising his record to 13 - 8. He plans to retire after this season.

Sports Highlights compiled from ESPN.com

Head to head ...

Who is baseball's most valuable player?

By Spc. Mark Leone

Ted Williams, Barry Bonds, Frank Thomas, those are just a few of the players that have been voted Most Valuable Player of their respective leagues. With so many great baseball players in today's game it's tough to pick out that one player you can call the best.

Sgt. William Shephard of the 132nd Military Police Company thinks clutch hitting is the key to winning the MVP. "Barry Bonds and Alex Rodriguez are two of the best hitters in the big leagues," said Shephard. "They are power hitters who drive in runs and help their teams win big games," said Shephard. "They are the guys you want up to bat when you're los-

ing in the bottom of the ninth."

Spc. James Brunson, also of the 132nd MP Co., thinks that pitching is the way to go this year for the MVP in the National league. "Russ Ortiz has led the Atlanta Braves' pitching staff all year and has come through in the clutch whenever asked," said Brunson. "Atlanta has a good offense, but without Ortiz in their rotation they wouldn't be in first place." Brunson is not all about pitching - he knows who rules the roost in the American League. "Ichiro Suzuki is an amazing hitter and has led the league most of the year," said Brunson. "Not to mention the fact he has one of the best arms in the league. Put that into one package and you have your Most Valuable Player."



Sgt. William Shephard
132nd MP Co.



Spc. James Brunson
132nd MP Co.

JTF SPORTS & FITNESS

Team 'Old School' nails nothing but net

By Spc. Alan Lee Knesek

This weekend was jam-packed with Labor Day activities, but one of the biggest crowd pleasers was the three-on-three Basketball Tournament this Saturday morning at the G. J. Denich Gym. Of the eight teams, three made it to the final round, but only one went home a winner. After the double elimination, 10-minute or 11-point (which ever came first) games, there was only one team left standing.

Team "Old School" took first place after shutting-out the newcomer team, "Dirty South," proving that an old dog can learn some new tricks. In third place was team "Wolfpack." After losing twice in the final rounds, the Wolfpack left the courts with their heads hanging low and their tails between their knees. After more than three hours of hoops, the tournament was over but for those who played in the three-on-three tournament, there was no better place to be.



Photo by Spc. Rick Fahr
Brad Farnsworth, team 'Two Marines and a Medic,' goes up for a layup against Amos Brown Jr. of team 'Wolfpack.' Team 'Wolfpack' went on to take third place in the overall tournament.

Hospital dominates tourney

By Spc. Rick Fahr

A trio of Naval hospital troopers won Sunday's three-on-three Labor Day Beach Volleyball tournament.

Dustin Ross, Tommie Crumedy and Jahleel Brown captured the championship in dominating fashion by defeating team "Anna," comprised of Anna Radcliff, a civilian, and Petty Officer 1st Class Walt Zapf and Petty Officer 1st Class Rafael Gonzalez, both base security personnel.

En route to the title, "Hospital" lost only one game in all its sets.

Finishing third was "Ruthless" – 1st Sgt. Lynn Kimble, Staff Sgt. Dakar Luna and Petty Officer 3rd Class Jobriath Burn, a base security officer.

The double-elimination tournament



Photo by Sgt. Erin Crawley
Teams went head to head during the three-on-three Labor Day Volleyball Tournament. Of the teams who entered, team Hospital dominated the net, winning the tournament after losing only one game during the day.

was held at Windmill Beach and attracted a dozen teams, according to event organizers.

Morale, Welfare and Recreation sponsored the event. Scores were not available.

Battling for the championship title

By Sgt. Benari Poulten

The action was fast and furious last Saturday during the Labor Day Men's Tennis Tournament as J4 Transportation's Air Force Staff Sgt. Blake Keating battled Army Staff Sgt. Emanuel Mahand, of JDOG Supply, for the coveted championship title.

As the sweltering heat of the Caribbean sun beat down, two towering titans of athleticism let their tennis rackets do the talking, slamming the ball back and forth across the court with staggering force. Sweat poured off their foreheads, but both men kept their eyes on the prize, even as the tension mounted. Ultimately, only one could walk away with the prize.

Impressive volleys kept the game engaging as each player countered his opponent's strengths and took advantage of weak spots. Further in, both Keating and Mahand showed more focus, remaining calm even as the stakes grew. Keating took an early lead even as Mahand's swift swerve and powerful backhand threatened to overpower him. Keating responded in kind with an authoritative return serve and a mean overhand smash, which ultimately led him to victory. After a valiant effort by both men, Keating walked away as the new champion of men's tennis.

15 Minutes of Fame...

MS2 Cary Taylor
MIUWU 212

Naval Reserve cook becomes our eye in the sky

Interview and
photo by
Sgt. Dan Johnson

Mess Management Specialist Second Class Cary Taylor of the Mobile Inshore Undersea Warfare Unit 212, out of Gulfport, Miss., typically works in the galley as a cook, but the wealth of opportunities that the JTF offers has given her the chance to broaden her horizons.

Q: What is it that you do for the JTF?

A: Well, typically I'm a cook for our unit, but here I'm doing coastal watches and seaward surveillance. It's been a great opportunity ... I've had a chance to learn so much. Anybody who wants to learn ... there's ample opportunity here. We do work odd shifts, and that makes it hard, but I know we're making a difference here, and I really love it.

Q: What brought you into the Naval Reserve?

A: My father worked for an oil field company and took me with him when he traveled around the world ... I loved it. When I turned 19, I couldn't go with him anymore because the company wouldn't pay for it, so the Navy was the only way that I could afford to do that. I wanted to defend my country too. I've been to Scotland, Norway, Korea, Singapore, India and a bunch of other places. I love to travel and I love wearing the uniform. It gives me a sense of pride.

Q: What challenges have you encountered here at the JTF?

A: Living in a space with five other



While she's been serving as part of the JTF, MS2 Cary Taylor, of the MIUWU 212, has taken advantage of huge opportunities to learn in both military and civilian aspects of her life.

women. It's hard to have privacy, but I deal with that by being active and getting out of the house. I go diving and cycling whenever I get the chance. It was also a moral challenge for me to put school on hold to come down here because I was so close to graduation, but I'm glad I'm part of this, and I wouldn't give up this opportunity for the world. This is my chance to make a difference for future generations.

Q: What goals have you set for yourself during this deployment?

A: I want to become qualified on as much of the mission-essential equipment that the MIUWU has as I can. It's thrilling to me ... I'm really excited about it because I know how much of a difference we can make. I also wanted to finish two college classes, and I did. I was able to finish the work for two of my incomplete classes last spring by sending it in the mail, and I took the final exam online. The university has just been great to me.

Q: What have you learned about yourself since you've been here?

A: I've learned sometimes in life you have to take a step back and look at the big picture. I've also learned to appreciate the small things in life much more than I did before I left. Now I realize that things that seemed like a big deal before I left really weren't.

Q: What will you miss most about being a part of the JTF?

A: Every day I wake up here, I know I have a substantial job to do that's making an impact. The job I have back

home sometimes just seems minute compared to that. Nothing will ever be equal to what we're doing here. I'm very, very proud of that.

Q: What have you accomplished during this deployment?

A: Well, becoming qualified on our unit's equipment is my most significant accomplishment, but I've also saved a lot of money since I've been here. I'm in much better shape than I was when I got here too. I'm also two classes closer to my degree too.

Q: What's the first thing that you want to do when you get home?

A: I really want to go visit my father on his 55-acre ranch in Texas. I just want to sit on the front porch with him and tell stories. I'll stop and visit my mom in New Mexico too. But I think I just really want to enjoy our beautiful country.